Disability Inclusion

DISABILITY AND HEALTH

DECEMBER 18, 2024

CDC's website is being modified to comply with President Trump's Executive Orders.

Become a Disability A.L.L.Y. in Your Community and Promote Inclusion for All

ABOUT

Promote accessible environments by identifying and addressing barriers impacting community members with disabilities.

A
Acknowledge and respect individual experiences and abilities.
L
Learn about different disability types.
L
Leverage your influence to promote accessibility and inclusion.
Y
Yield the floor to people with disabilities to help identify and eliminate barriers.
CDC

Advancing disability inclusion for equal opportunity

Disability affects more than 1 in 4 (28.7%) adults in the United States. Disability inclusion is:

- Including people with disabilities in everyday activities.
- Creating accessible environments.
- Creating equitable opportunities that support people in holding roles similar to their peers who do not have a disability.

This involves more than simply encouraging people to participate in activities. It requires making sure that adequate policies, accessible programs, and inclusive practices are in effect in a community or organization.

Disability inclusion means understanding the relationship between the way people function, how they can participate in society, and making sure everybody has the same opportunities to participate in every aspect of life to the best of their abilities and desires.

Disability inclusion entails identifying barriers that potentially impact people with disabilities to independently live and be fully engaged in their communities. Every community member can make a difference and play a part in addressing those barriers. For example, healthcare professionals and administrators can create more inclusive health care for patients with disabilities.

Take steps to learn how you can increase disability inclusion and accessibility for all to improve the health, well-being, and participation of people with disabilities in your community.

Disability impacts all of us. Promoting accessible communities ensures everyone can participate fully, supporting health, access, and inclusion for people with disabilities.

Call to action

"Health equity means optimal health and well-being for all people. Each of us has a role to play in promoting health and achieving health equity for people with disabilities. Please join us and become an ALLY." Dr. Karen Remley, Center for Disease Control and Prevention's (CDC) Director for the National Center on Birth Defects and Developmental Disabilities

- Learn more about disability and health
- Learn more about disability inclusion
- Learn more about health equity

Help us spread the word through social media, blogs, podcasts, and more!

Join CDC in promoting disability inclusion and accessibility for all by sharing resources and information on your social media channels, blogs, podcasts, and more. Use the resources posted online, share the sample social media posts below, and/or contact CDC to interview a subject matter expert.

The following social media posts are examples you can use as-is or modify to align with your organization's mission or preferences. Please use #DisabilityALLY, #Diversability, and/or #Inclusion4Health in your social media posts. Remember to follow @CDC_NCBDDD on Twitter for more messages to retweet. Check out CDC on Facebook, Twitter, Instagram, and LinkedIn for additional messages to share.

Sample social media posts and buttons

Facebook

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#DisabilityALLY
#Diversability
#Inclusion4Health

https://go.usa.gov/x6yBX

Is your medical practice inclusive for all patients?
We all have a role to play in creating more inclusive communities for people with disabilities.
Check In
CDC

Ensuring accessibility.

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Promoting inclusivity in medical practices for patients with disabilities.

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Is your local playground inclusive for all?
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A diverse group of children and adults enjoy an inclusive playground, with accessible play equipment and activities for people of all abilities.

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Director, National Center on Birth Defects and Developmental Disabilities

Karen Remley, Director of the National Center on Birth Defects and Developmental Disabilities, promotes health equity and allyship for people with disabilities.

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Instagram

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Tag @CDCgov

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Add these buttons to your website, email signature, or newsletters!

Let your networks know you're a Disability A.L.L.Y. by displaying the buttons below! Whether you add them to your website or email signature or include them in your distribution materials, these buttons let others know you're committed to health equity and inclusion.

I'm a Disability A.L.L.Y.

Accompanying Text

Be an A.L.L.Y.

***A**cknowledge and respect individual experiences and abilities.

***L**earn about different disability types.

***L**everage your influence to promote accessibility and inclusion.

***Y**ield the floor to people with disabilities to help identify and eliminate barriers.

Ask me how to be a Disability A.L.L.Y.

Accompanying Text

Be a Disability **A.L.L.Y.** and promote inclusion for all.

- **A**cknowledge
- **L**earn
- **L**everage
- **Y**ield

SOURCES

CONTENT SOURCE:
National Center on Birth Defects and Developmental Disabilities

SOURCES

- National Center on Birth Defects and Developmental Disabilities, Centers for Disease Control and Prevention